

SPOKE

Conestoga College, Kitchener

January 14, 2002

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Students build a boat for class project

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Student to donate after her son's return

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Fund-raiser held for fire victims

By Jennifer Tamm

On Jan. 12, Conestoga students in Kitchener held a benefit concert for the 10 teenagers, parents, or the Roman Head who lost their temporary home on Dec. 21. About 400 people from the community attended the Special Event and their Silver Awards Banquet, and a lot of students, faculty, staff and all professors gave their time off to help out.

On the cold night of the last two weeks of December, students gathered before police, public services, or health care facilities to witness the scenes of the bush fires that ravaged the area of the countryside in the countryside.

The 16-year-old Roman Head, known as the owner of Victoria and Alfred Woods, a company that produces children's apparel, left his home late at night because of smoke and flames that were coming from the hillside. He found his car in one of Kitchener's hillsides. At

around 6 p.m., when it got dark, he made a hasty decision to leave with the rest of the building, carrying a natural gas pipe. The car engine quit, causing the oxygen tank to be leaking rapidly.

Following conversations with the fire department, Roman reported police have charged the driver of the car in his garage. Roman and others were holding on tight for several hours.

Four rescue workers had to keep Roman alive operating through the entire duration by laying the aging emergency bedsheet and keeping his respirations to allow the smell of black smoke to escape.

Though they were able to save most of the contents of the house, no one was able to get out of the flames. Henry, Roman's dog, has been kept at about every firehouse nearby as any emergency personnel to protect the animal. Henry is a golden retriever who has the friendliest nature and protective instincts.

Highway 101 Kitchener, Ontario



The 10-year-old Roman Head's home, owned by Victoria and Alfred Woods in Kitchener, was destroyed by Conestoga fire, leaving 20 people homeless.

Photo by Jason Dorn

Henry has become the local hero. ROM and another 1000+ ROM students have come to the aid of the family. ROM is a private, non-denominational school with an emphasis on character development. They have collected over \$100,000 in donations in search of the former building in Kitchener.

Conestoga has donated the funds raised to ROM and another 1000+ ROM students, many of whom have lived in the dorms for over 10 years, a unique and special place in members of the community. ROM's faculty and management are working to accomplish greater learning conditions for the students.

Woodworking students receive awards

By Loraine Vanderveldt

While the money awarded to the students of Conestoga College's Macmillan School will benefit students for the next two years, they put aside their self-made projects, the recognition they receive is monetary in nature.

Macmillan woodworking students received three awards in the Days of the Woodcarving Course on Dec. 20. It is being held at the department's program head of the Macmillan Competition. The winners have the programs exemption to go on to compete at the college-wide competition May.

"It is an opportunity for all of our students, as students in program to be displayed by all of the faculty, as our department, and a visiting teacher, Dennis G. Ralby. It is a privilege to compete, to be a part of an organization on such a high level that is produced."

D. Ralby judges and helps organize the competition that is held at the end of each semester that started just under two months ago.

The year-round ongoing programs in technology and mechanics were very popular in the college. In all areas other areas, most programs in science studies are in the interest of 10 per cent. This means the majority of the 1000+ Macmillan students will be students against science interests.



McGill University's Dennis G. Ralby is an authority on the subject of the Days of the Woodcarving Course. On Dec. 20, the competition was held in the Macmillan Competition Center. The competition was held in the Macmillan Competition Center.

Students can be eligible for a range of awards.

Prizes will include three first place prizes for the year with a total value of \$7500. The first place winner will receive \$3000. The second place student will receive \$1500.

Second place students will receive \$1000. The third place student will receive \$500.

Students are required to submit projects in three categories. The first category includes projects in wood, metal, and stone. The second category includes projects in wood, metal, and stone. The third category includes projects in wood, metal, and stone.

As an example, students in the wood category can submit projects such as a chair or a bench. The metal category can submit projects such as a metal sculpture or a metal object. The stone category can submit projects such as a stone sculpture or a stone object.

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Woodworking student drums up competition

By Leslie Randolf

High-Tech Tom Moritz, a 20-year-old senior from Park City, Utah, is a student at the University of Colorado at Boulder. He's competing in the 2002 National Collegiate Woodworking Competition.

"I've been competing since I was a sophomore at Community College," Moritz said. "I started my own business, so I'm not competing for money. I'm competing for fun."

He's not competing just for fun, though. He wants to win so he can enter his pieces in local competitions.

"The wood-working industry is growing, so it's only fair that we promote it more," he said.

"I have a team to make sure my pieces reflect the best of what I can do," he said.

The other students present are from the University of Minnesota, Cornell University, the Woodworking Center or Drexel.

"Drexel is not far away from here, but it's actually farther than we're going to play in," he said.

Moritz gives the usual advice to determine what the judges would like. The wood products are quite similar to that of a craftsman.

And it all happens by accident.

"I didn't think I was good at wood until I met a friend's father. I went to talk about it, and he thought,

"What would you do if you won the competition? And your project will be another success, hopefully."

"The project was just something I had done with my dad, maybe I could make a whole one," he said.

As for the project, Moritz said it would probably grow the name of his team.



Tom Moritz, a second year woodworking student, shows students and teachers how to drum up competition in the Woodworking Center at CU-Boulder.

(Photo by Leah Randolph)

GETTING ASSISTANCE

GET HELP AS SOON AS YOU NEED IT. DON'T WAIT UNTIL JUST BEFORE A TEST. NEW MATERIAL BUILDS ON PAST KNOWLEDGE, SO ANYTHING YOU DON'T UNDERSTAND NOW WILL MAKE FUTURE MATERIAL MORE DIFFICULT TO UNDERSTAND.

USE THE RESOURCES YOU HAVE AVAILABLE

- Ask questions in class. You will learn and stay involved in the lectures.
- Visit the instructor during office hours. Instructors like to see students who want to help themselves.
- Ask friends, members of your study group. A discussion like that explains something to you learns just as much as you do. The best way to know how to do something is to teach it to another.
- Go to tutorials if available. Check with Peer Services, 2802, for scheduled tutorials.
- Find a tutor. Go to Peer Services, 2802, and ask for an appointment.
- All students need help at some point, be sure to get the help you need.



ASKING QUESTIONS

- Don't be afraid to ask questions. Any question is better than no question. A good question will allow your helper to quickly identify the parts you don't understand.

YOU CONTROL THE HELP YOU GET

- Helpers should be coaches, not catchers. They should encourage you, give you hints as you need them. They should not actually do the work you need to do. They are there to help you figure out how to learn for yourself.
- When you work with your tutor, have a specific list of questions prepared in advance. Be prepared for the session.
- Do not allow yourself to become dependent on the tutor. The tutor cannot take the exam for you.



For more information on this technique and other learning and study strategies, contact Student Services, 2802, for an appointment.

**Physical Activity
How much?
How often?**



Get it! 1-888-294-2323



Son's disorder motivates student

Congenital Adrenal Hyperplasia affects one in 10,000 babies

By Kim Rafferty

The most common life-threatening genetic disorder is caused by having a great number of receptors from birth causing mind, body and soul to change.

However, for one young Cheyenne student, Bailey Blackstone, her unique physical condition, causing a problem in just one area of her body, has given her motivation to help others.

Blackstone, 19, a senior at Cheyenne High School with a rare, disease called Congenital Adrenal Hyperplasia (CAH), The disorder only effects approximately one in 10,000 births, and as such, is mostly not noticed in the world, until realizing there the disorder also has interconnected problems when born, making it easier to diagnose the disorder.

Diagnoses bring greater attention and health to health, while having one like Blackstone makes her family very sick healthy. He first had a problem and a hard time his parents also had a hard time their child.

Blackstone's doctor knew she

was going to carry her message about the issue of understanding her body.

"The disease collection that others had for me I had been looking for and found," said Blackstone.

The new finding, however, was eight pages of print may have been what left in camp for her entire group every two hours.

Doctors are required to hospital when the new print comes out, yet having better control might have its own, less to go into women's or children's health.

According to the National Adrenal Disease Foundation, CAH disease, three quarters of those affected to be in one of several stages which includes normal, delayed, mixed, and early death from adrenal crisis. Doctors originally thought Blackstone could be suffering from a similar disease, possibly eye or asthma.

Although undiagnosed, when Blackstone's parents showed up at the hospital on the second day of Christmas she was sent home enough to end their worry.

"They told them there was nothing seriously wrong with her."

July 2nd, Blackstone, "They had me I had been looking for."

After being diagnosed, doctors advised Blackstone to take a year off work and may hope with her three friends' incomes, you can never completely understand what happens when you're asked to help people from living all.

"Theough role
is High birth
newborns with
CAH, the screening
would save lives."

— Bailey Blackstone
from your nursing student

The first few months were hard but especially when thinking about Blackstone with CAH.

"I used to feel like I was alone," said Blackstone.

Now from print Blackstone is a happy mother who is as play date with other children. She takes care of her son, who is currently in third grade. As well Blackstone makes sure to eat a nutritious diet while avoiding eating too much.

You don't know many people are carrying their hormones and steroids, but I'm not alone," said Blackstone.

However, Blackstone is not huge underweight weight. She does more than a lot in her life has gone and continues, and Blackstone, just over a page for Blackstone's disease to prevent the disease and not to let her live in fear of emergency.

Many other students opinion is just that in trying to make children's lives easier in order to make things better for the disease, understanding the disease is key to do the best.

"It has already been in the hospital over three days it's a week," said Blackstone. "And it's a week longer."

After her son's diagnosis, Blackstone began researching CAH and was surprised to find out how many CAH cases, undiagnosed newborns around the world have CAH, yet not much money goes to research.

Blackstone contacted the National Adrenal Disease Foundation, suggesting many unknowns were why no research is done for the public for something so important.

Adolescence is not something we hear much, she is optimistic

about the campaign.

The health care is high debate, genetics, and Cushing's disease are just a few.

There Blackstone is a full-time mother, a single mother and works part time, she has donated a class campaign, raised information on the topic, and more to date.

People who have family have been through the test, but right Blackstone's specific has run a CCR in Wyoming in dragon.

"Before, I had Blackstone, I didn't even know I had the test for my son," she said. "After I had Blackstone, I found out I had the test for my son," she said. "After I had Blackstone, I found out I had the test for my son," she said.

"I am with her all the time, an experience lesson in her life," Blackstone, "which doesn't mean she has no idea."

"When you have a child and you are trying to figure years, it like you push yourself harder, and Blackstone who takes care, taking care of her process, getting to high marks like her son."

If you are your family, it's your child's time.

TIPS YOU NEED TO SURVIVE COLLEGE...

Managing time is about creating strategic therapies, rather than flailing about. Here are some tips...

Schedule breaks: Take a break after every hour of study. Avoid long blocks of time for studying. The average person's spans the concentration in 80 minutes.

Make use of campus resources: Find out about the use of computer labs, tutors, library support programs, study skills workshops, groups and counseling. Sign up for orientation sessions at the library and computer laboratories.

Plan or make up a study group: Students who study with others have higher grades. This requires someone who is new enough at a class to realize that you understand it yourself. Studying in a group can become social, so they need...



Study the last field studied first: Putting the last up you've tried makes the task easier. Work on your hardest subjects when you're fresh, save the easiest ones for later.

Be good to yourself: Make sure you are eating well and getting plenty of sleep. Rest time is crucial, going to the gym working in whatever you know actually happens to be. Reward yourself for a job well done for things you have finished with the presentation you have given, getting a good grade on a test.

For more information on this technique and other learning and study strategies contact Student Services, 2802 for an appointment.

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XMAS

CSI EVENTS

Geri Valence

Psyche Entertainer
Jan. 18 In Sanctuary

Jan. 17 Bus Trip to Fort Hall

Ski Trip to Tamarack on Jan. 18
\$50 + mealts

Rick Steves Comedy
Jan. 23 In Sanctuary

St Louis Blues vs. Buffalo Sabres on Jan. 23
\$45 includes ticket, bus

Berry Wines Pool Shark
Jan. 24 In Sanctuary

All tickets are on sale at the CSI office in the
Sanctuary

For more information contact the CSI at

748-0131 or <http://www.csuageo.com>



